

Senior Messenger

CITY OF LYNNWOOD SENIOR CENTER

April / May / June 2016

19000 44th Ave W | PO Box 5008
Lynnwood, WA 98036
www.ci.lynnwood.wa.us/seniors

(425) 670-5050 Fax: (425) 712-9804
Monday - Friday 8:30am - 3:00pm
Tuesday 8:30am - 6:00pm



The Aging Mastery Program®

Lynnwood Senior Center was awarded one of thirteen statewide grants from the National Council on Aging (NCOA) to bring AMP to Washington.

Developed by the National Council on Aging, the Aging Mastery Program has been successfully helping people through a comprehensive, fun approach to living. Ten weeks of 90 minute classes feature local experts sharing their knowledge across a wide range of subjects, including health, finances, relationships, and advanced planning. The program combines education with goal-setting, daily practices, and classroom support to help attendees make meaningful, long-lasting changes.

The first course (\$100 value) is completely funded. Register for free, but don't delay as seats will fill quickly.

61715

Thu Jun 9 - Aug 11 4pm - 5:30pm

SENIOR CENTER WILL BE CLOSED
— Monday, May 30, Memorial Day —

Sign-up dates at a glance

April 13

- Pilchuck Glass School Spring Tour
- "Close to You: the Music of the Carpenters"
- *Oliver!* at the Lynden Theatre
- Red Wind Casino
- Whales & Wildcards Overnight
- Que Sera! Tea Luncheon

April 15

- May outdoor recreation

May 11

- Bloedel Reserve and Lunch in Bainbridge
- *The Music Man* at Kitsap Forest Theater
- SNOTRAC Escapades: Water Taxi to West Seattle

May 20

- June outdoor recreation

June 8

- Raspberries and more Raspberries...
- The Schooner Zodiac Picnic & Sail
- SNOTRAC Escapades: Holocaust Center for Humanity
- Mount Vernon Sidewalk Sale
- Angel of the Winds Casino

June 17

- July outdoor recreation

April – June Events

April 8

- Healthy Habits for a Healthy You

April 29

- Disaster Preparedness

May 6

- Social Security Presentation

May 27

- Your Local Alzheimer's Chapter: Programs & Services

June 9

- Meet the Mayor: Root Beer Float Social

June 15

- War of the Worlds: Readers Theatre Performance

June 29

- Birthday Luncheon



Information

The Lynnwood Senior Center is a community center engaging older adults in health, wellness, social and recreational opportunities.



City of Lynnwood Staff

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Recreation & Cultural Arts
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Senior Center Membership; Age 62+
\$25 per person, 12 months

**Senior Center Associate Membership;
Age 61 & Under**
\$35 per person, 12 months



Trip Registration is by Lottery!

- * Trips including pre-purchased items are non-refundable.
- ** Overnight trips may be withdrawn for credit up to 30 days prior to departure

Know Before You Go!

- All trip registration fees include sales tax, and a \$6 non-refundable deposit.
- Check-in is 15 minutes prior to the departure time. Park at the overflow lot on the corner of 44th and 188th, across from the Recreation Center.
- All Senior Center trips are fragrance-free. Please refrain from wearing perfumes or colognes.
- We regret that bus drivers are unable to accept tips.
- Don't bring anything of value on the bus. Pack only what you need.



Registration Information

Pre-registration is required for all Lynnwood Senior Center programs.

Payment is made at time of registration.

Registrations are non-transferable.

M = Member Fee

NM = Non-Member Fee

Lottery Registration for Trips

Registration for trips, hikes, and outdoor recreation is by lottery at the Lynnwood Senior Center on designated sign-up dates. Numbers may be picked up at the front desk between 8:30am and 9:00am, with registration starting at 9:00am. Numbers are allotted individually. You may register for yourself and one absent person. If you wish to travel with a companion that is present, one number will be given for both of you.

Persons arriving after 9:00am will be taken in list order. Telephone registration with credit card begins at 10:00am.

Activity, trip itinerary and times may change due to weather, traffic or other unforeseen events.

In Memoriam

Eldon Johnson

January 2016

Bette Owens

March 2016



Cancellation Policies

Registration for activities without an (*) may be withdrawn for credit up to three business days prior to departure.

* Trips including pre-purchased items are non-refundable.

** Overnight trips may be withdrawn for credit up to 30 days prior to departure.

Scholarship Program

We want you to have a chance to experience and participate in classes, activities and trips that interest you. The City of Lynnwood offers a scholarship program at the Senior Center. Please do not let cost keep you from enjoying activities. All applications are confidential. For Lynnwood residents 62+.

Please see Mary-Anne Grafton or call 425-670-5051.

Non Discrimination Policy

The Lynnwood Senior Center does not discriminate on the basis of race, color, gender, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap. On request, people with disabilities will be provided with reasonable accommodations.

Inclement Weather Policy

Delays: In the event Edmonds School District announces a delayed start time due to inclement weather, all Senior Center morning programs will be cancelled. All programs beginning after 12 noon will run as usual, however, we do recommend that you call to confirm. **Cancellations:** If Edmonds School District cancels for the day, all programs starting before 3pm will be cancelled. Call after 2pm for status of programs starting 3pm or later. Staff will make every attempt to open the Center unless the Mayor of Lynnwood closes City facilities. To be sure we are open, call us first.

Services & Discussion Groups

Chatterboxes

Join the girls! This social club is talking about whatever, and enjoying the companionship of a great group of ladies. Keep your hands busy with your own project or just enjoy the conversation.

60534 Fri Apr 1 - 29 12:30pm - 2:30pm

60535 Fri May 6 - 27 12:30pm - 2:30pm

60536 Fri Jun 3 - 24 12:30pm - 2:30pm

Facilitator: Ginger Kemp

Free / \$5 NM

Bible Study

Join this small group offering biblical study with participation and discussion. The goal is to have an environment open to discussion and Biblical learning, with particular focus on understanding and life application.

60537 Mon Apr 4 - 26 9am - 10:30am

60538 Mon May 2 - 23 9am - 10:30am

60539 Mon Jun 6 - 27 9am - 10:30am

Facilitator: Ginger Kemp

Free / \$5 NM

Current Issues & "the Rest of the Story"

Join this forum to share questions, insight, guesses, and concerns about today's events. You are encouraged to bring articles, editorials, and subjects for discussion.

60540 Wed Apr 6 - 27 1:30pm - 2:30pm

60541 Wed May 4 - 25 1:30pm - 2:30pm

60542 Wed Jun 1 - 29 1:30pm - 2:30pm

Facilitator: Cathy Roper

Free / \$5 NM

Our Lives - Our Choices

In a discussion group format, explore ideas about 'constructive self-management.' Develop a better understanding of yourself and how to help others understand you better. Aspects of respect and courtesy, as they apply both to yourself and others, will be explored in a supportive environment.

60545 Tue Apr 5 - 26 12:15pm - 1:45pm

60546 Tue May 3 - 31 12:15pm - 1:45pm

60547 Tue Jun 7 - 28 12:15pm - 1:45pm

Facilitator: Rick Mottau

Free / \$5 NM

The Lynnwood Senior Center is fragrance-free.

Please refrain from wearing perfume or cologne.

Q & A with SHIBA

Statewide Health Insurance Benefits Advisors can help you with your questions about medical and prescription coverage and access, as well as provide information about long term care.

60721 Thu Apr 21 12pm - 2:30pm

60722 Thu May 19 12pm - 2:30pm

60723 Thu Jun 16 12pm - 2:30pm

Provider: Laura Ballard

Free

Advanced Care Planning

In this workshop you will learn how to determine your values as they pertain to your medical choices, choose the treatments you want, and make your choices known to your family and physician. This planning process is especially important to do in case you are unable to speak for yourself when seriously injured or ill. After completing the workshop you may make an appointment for an individual follow-up session. Brought to you in partnership with the Snohomish County Health Leadership Coalition.

61480 Wed May 4 1pm - 3pm

61482 Wed Jun 1 1pm - 3pm

Facilitator: Paula Beatty

Free

Advanced Care Planning Follow-up

If you completed the Advanced Care Planning workshop prior to this month and would like some follow-up advice, please make an appointment for an individual session. Bring your family with you if they have questions. Brought to you in partnership with the Snohomish County Health Leadership Coalition.

61481 Wed May 4 12pm - 1pm

61482 Wed Jun 1 12pm - 1pm

Facilitator: Paula Beatty

Free

Blood Pressure Screening

Lynnwood Fire Department Fire Corps volunteers are coming to the Senior Center to check Blood Pressure. Look for them in the lobby. Drop-in; no appointment necessary.

1st Mondays & 3rd Tuesdays 11:30am - 1:30pm

Provider: Fire Corps Volunteers



Dental Hygiene for Seniors

Services by appointment include assessment, tooth and gum evaluation, oral cancer screening, cleaning, and fluoride treatment. Provider is a licensed hygienist.

60697 Fri Apr 22 10am - 2pm

60698 Fri May 27 10am - 2pm

60699 Fri Jun 24 10am - 2pm

Provider: Deb Fredrikson

Initial exam & visit

\$123 / \$128 NM

Routine cleaning & fluoride treatment \$83 / \$88 NM

Foot Care

Thirty minute appointments include a foot soak, nail trim and a foot massage.

60700 Fri Apr 1 9:30am - 2pm

60701 Fri Apr 15 9:30am - 2pm

60702 Fri May 6 9:30am - 2pm

60703 Fri May 20 9:30am - 2pm

60704 Fri Jun 3 9:30am - 2pm

60705 Fri Jun 17 9:30am - 2pm

Provider: Lori Gaubriel

\$30 / \$35 NM

Acupuncture

Acupuncture is one of the oldest medical practices known for healing and pain relief. Register early to get your appointment.

Regular Appointments

Mondays 9am - 1:15pm

Provider: Cole Alexander

\$10 / \$15 NM

Seated Chair Massage

Our licensed massage therapist has been practicing for 15 years and knows how to work the kinks out of tired and tight muscles. Call the Senior Center and schedule a 15-minute appointment. No Massage in April.

Wednesdays in May & June 9am - 12pm

Provider: Sandra Nyitray

\$13 / \$18 NM

Wellness Corner



Enhance Fitness Program

The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors are trained and certified.

Lite Enhance Fitness

This is a gently-paced cardiovascular workout using resistance for strength. Exercise may be in seated or standing positions

60549 Tue, Thu Apr 5 - 28 9:40am - 10:40am

60550 Tue, Thu May 3 - 31 9:40am - 10:40am

60551 Tue, Thu Jun 2 - 30 9:40am - 10:40am

Instructor: Sherry Herdrick

\$3 drop-in or \$24 for an 8-session pass

Intermediate Enhance Fitness

Engage in a moderate workout focused on cardio, flexibility, balance and strength. Instructors are certified. No class June 1.

60555 M, W, F Apr 1 - 29 8:45am - 9:45am

60553 M, W, F May 2 - 27 8:45am - 9:45am

60552 M, W, F Jun 3 - 29 8:45am - 9:45am

Instructor: Angela Dismuke Daily Fitness Pass: \$7

10 visit Fitness Pass: \$37 / \$41 Non-Resident

Location: Recreation Center, Fitness Studio

Advanced Enhance Fitness

Join this fun and energetic group for a challenging cardio exercise using a variety of fitness equipment. Balance work is included in this movin' class! No class June 1.

60556 M, W, F Apr 1 - 29 10am - 11am

60548 M, W, F May 2 - 27 10am - 11am

60554 M, W, F Jun 3 - 29 10am - 11am

Instructor: Angela Dismuke Daily Fitness Pass: \$7

10 visit Fitness Pass: \$37 / \$41 Non-Resident

Location: Recreation Center, Fitness Studio

Functional Fitness Check

Take three simple physical tests that measure mobility and strength to help you assess your risk of falling.

60557 Thu Apr 7 2:30pm - 3pm

60558 Thu May 5 2:30pm - 3pm

60559 Thu Jun 2 2:30pm - 3pm

Instructor: Debby Grant

Free / \$5 NM

SAIL Fitness Classes

Stay Active and Independent for Life is Washington State Department of Health's evidence-based exercise program for adults 62+. It's proven to improve strength, balance and fitness.

Exercises are designed for both seated and standing positions. This class is suitable for all fitness levels.

60590 Tue, Thu Apr 5 - 28 10:50am - 11:50am

60591 Tue, Thu May 3 - 31 10:50am - 11:50am

60592 Tue, Thu Jun 2 - 30 10:50am - 11:50am

Instructor: Debby Grant

\$3 drop-in or \$24 for an 8-session pass

Laughter Yoga

Invite balance, health, and joy into your life with a chair-based gentle yoga practice that emphasizes mindful awareness of body sensations. What's unique about this yoga style is that it is combined with fun activities. This is a powerful, life-changing experience. Laughter is the best medicine in the world.

60646 Tue, Thu Apr 5 - 28 12pm - 1pm

60647 Tue, Thu May 3 - 31 12pm - 1pm

60648 Tue, Thu Jun 2 - 30 12pm - 1pm

Instructor: Lida (Sungyeo) Kim

\$6 drop-in rate

Four week sessions: \$40 / \$45 NM

Five week sessions: \$50 / \$55 NM

62+ Yoga

Using a chair for balance, you will learn how to move and hold stretches to make you stronger and suppler. Foster improved posture, balance, and alignment through guided sessions. This class is suitable for all fitness levels.

60649 Tue, Thu Apr 5 - 28 8:40am - 9:30am

60650 Tue, Thu May 3 - 31 8:40am - 9:30am

60651 Tue, Thu Jun 2 - 30 8:40am - 9:30am

Instructor: Sherry Herdrick

\$6 drop-in rate

Four week sessions: \$40 / \$45 NM

Five week sessions: \$50 / \$55 NM



Zumba Gold

You've heard people rave about Zumba—a Latin Movement-based dance class that includes Salsa, Merengue, Cha Cha, Tango and more. Zumba Gold is especially adapted for adults 62+, for adults who are beginning to increase activity to improve wellness, and for people with physical limitations. You can learn the moves on your feet or in a chair. Don't miss out on this fun way to fitness!

60655 Mon Apr 4 - 25 10am - 10:50am

60656 Mon May 2 - 23 10am - 10:50am

60657 Mon Jun 6 - 27 10am - 10:50am

60658 Wed Apr 6 - 27 10am - 10:50am

60659 Wed May 4 - 25 10am - 10:50am

60660 Wed Jun 1 - 29 10am - 10:50am

Instructor: Ce Boehme \$6 drop-in rate
Four week sessions: \$20 / \$25 NM
Five week sessions: \$25 / \$30 NM
Location: Recreation Center, Room 102

Intermediate Tap Dance

This is one fun class! Learn dance routines and get some exercise. Class instruction is on Thursdays; Tuesdays are practice and rehearsal. Thursday is instruction; Tuesday is practice and rehearsal.

60616 Tue, Thu Apr 5 - 28 12:30pm - 1:30pm

60615 Tue, Thu May 3 - 31 12:30pm - 1:30pm

60614 Tue, Thu Jun 2 - 30 12:30pm - 1:30pm

Instructor: Melissa Olson
Four week sessions: \$30 / \$35 NM
Five week sessions: \$37 / \$42 NM
Location: Recreation Center, Room 102

Tai Chi:

Moving for Better Balance

Looking for a class that will bring a spring back into your step, confidence into your balance, and have fun doing it? Regaining that confidence in your everyday movements is the first step in preventing falls — which plays strongly into going where you want, when you want, and living independently. This class is based on eight simple forms from the traditional yan style of tai chi; researched and developed by Dr. Fuzhong Li in conjunction with the DCD at the Oregon Research Institute in Eugene. No class June 16.

60644 Thu Apr 7 - 28 9am - 10:30am

60643 Thu May 5 - 26 9am - 10:30am

60645 Thu Jun 2 - 30 9am - 10:30am

Instructor: Barbara Gleisner
Four week sessions: \$28 / \$33 NM
Location: Recreation Center, Room 102

Gentle 62+ Pilates: an introduction

Gentle Pilates is done in the chair and/or on the floor. You will be introduced to Pilates terminology, basic principles and simple beginning exercises. This class is suitable for everyone. Bring a towel and Pilates mat to class.

60640 Wed Apr 6 - 27 11:30am - 12:20pm

60641 Wed May 4 - 25 11:30am - 12:20pm

60642 Wed Jun 1 - 29 11:30am - 12:20pm

Instructor: Angela Dismuke
Four week sessions: \$24 / \$29 NM
Five week sessions: \$30 / \$35 NM

62+ Pilates: Level 1

Pilates for Core Strength & Flexibility Level 1 is done entirely on the floor. Level 1 adds to what you learned in Gentle Pilates. You are familiar with and understand the terminology and basic principles and are able to complete the beginning exercises with little assistance from the instructor. Exercises begin to be more complex. This class requires Instructor's approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

60634 Fri Apr 1 - 29 11:30am - 12:20pm

60635 Fri May 6 - 27 11:30am - 12:20pm

60636 Fri Jun 3 - 24 11:30am - 12:20pm

Instructor: Angela Dismuke
Four week sessions: \$24 / \$29 NM
Five week sessions: \$30 / \$35 NM

62+ Pilates: Level 2

Pilates for Core Strength & Flexibility Level 2 is done entirely on the floor. Exercises continue to grow in complexity and students are challenged. This class prerequisite is Pilates Level 1 and Instructor's approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

60637 Fri Apr 1 - 29 12:30pm - 1:20pm

60638 Fri May 6 - 27 12:30pm - 1:20pm

60639 Fri Jun 3 - 24 12:30pm - 1:20pm

Instructor: Angela Dismuke
Four week sessions: \$24 / \$29 NM
Five week sessions: \$30 / \$35 NM
Location: Recreation Center, Room 102

Group Health members
may qualify for
FREE Enhance Fitness classes.
Stop by the Senior Center
or call for details.

Classes & Activities



North to Alaska (1960)



War of the Worlds (1953)

Popcorn Cinema

This film series includes old favorites, new movies, and everything in between. There's discussion following and popcorn provided — bring your own theatre candy! Look for weekly titles posted at the Center.

Tuesdays from 2:15pm to 5pm.

– April Selections –

- Apr 5** Cat Ballou (1965)
Apr 12 Colossus: The Forbin Project (1956)
Apr 19 Captain Blood* (1935)
Apr 26 The King and I* (1956)

– May Selections –

- May 3** North to Alaska (1960)
May 10 The Mighty Ducks (1992)
May 17 War of the Worlds (1953)
May 24 A Man For All Seasons* (1966)
May 31 Chitty Chitty Bang Bang (1968)

– June Selections –

- Jun 7** Enemy Mine (1985)
Jun 14 Silverado (1985)
Jun 21 Harry & the Henderson's (1987)
Jun 28 Yankee Doodle Dandy (1943)

Facilitator: Jim Armstrong

Free / \$5 NM

Genealogy Workshop

If you are interested in tracing your family, but aren't sure what's involved, here's how to get started. Learn and refine search techniques with public records and the internet. Start uncovering your heritage and forgotten family history today!

60560 Wed Apr 13 10:30am - 12pm

60561 Wed May 11 10:30am - 12pm

60562 Wed Jun 8 10:30am - 12pm

Instructor: Margaret Summitt

Free / \$5

Knitting to Make a Difference

Do you have some time on your hands? Are you looking for something to do that will make a difference? Join us in making blankets, hats, and scarves for local newborns and homeless children. Our instructor is an experienced teacher and crafter. Experience is not necessary. All levels are welcome. Needles and yarn provided.

60563 Mon Apr 4 - 25 9:30am - 11am

60564 Mon May 2 - 23 9:30am - 11am

60565 Mon Jun 6 - 27 9:30am - 11am

Facilitator: Hazel Shaw

Free

Book Discussion Group

Set your literary sights on our monthly selections and join the group for lively discussion. Regular book selections may be checked out through the front desk at the Lynnwood Library.

April Selection

– Available April 1 –

**Lone Ranger and Tonto
Fistfight in Heaven
by Sherman Alexie**

60520 Wed Apr 27 1:30pm - 2:45pm

May Selection

– Available May 2 –

**The Last Policeman
by Ben Winters**

60521 Wed May 25 1:30pm - 2:45pm

June Selection

– Available June 1 –

**Pomegranate Soup
by Marsha Mehran**

60522 Wed Jun 22 1:30pm - 2:45pm

Facilitator: Debby Grant

Free / \$5 NM



Quilting

Try your hand at quilting! Share your work and learn from others. Projects range from traditional hand-quilting to wonderful artistic interpretations. Two weekly sessions are offered, each with a distinctive feel. All levels of experience welcome. Bring your project and your ideas.

60579 Wed Apr 6 - 27 10am - 11:45am

60580 Wed May 4 - 25 10am - 11:45am

60581 Wed Jun 1 - 29 10am - 11:45am

Facilitator: Virginia Lovitt

Free / \$5 NM

60578 Thu Apr 7 - 28 12pm - 2pm

60582 Thu May 5 - 26 12pm - 2pm

60583 Thu Jun 2 - 30 12pm - 2pm

Facilitator: Ruth Beckett

Free / \$5 NM

Red Hat Society

Ruby Royals

60584 Wed Apr 13 12pm - 1:30pm

60585 Wed May 11 12pm - 1:30pm

60586 Wed Jun 8 12pm - 1:30pm

Facilitator Queen: Michelle Jensen

Free / \$5 NM

Crimson Cuties

60587 Wed Apr 6 12pm - 1:30pm

60588 Wed May 4 12pm - 1:30pm

60589 Wed Jun 1 12pm - 1:30pm

Facilitator: Jackie Duell

Free / \$5 NM

Art Workshop – Drop in

Do you have a project that you never seem to get to? Maybe a watercolor in the corner, a mosaic midway to completion, a collage in progress? Find the motivation to stay on track by joining this group. Just bring your creation and materials, and a promise to yourself to enjoy your art once a week with others doing likewise.

60512 Mon Apr 4 - 25 12:30pm - 2:30pm

60513 Mon May 2 - 23 12:30pm - 2:30pm

60514 Mon Jun 6 - 27 12:30pm - 2:30pm

Facilitators: Reginald Allen & Sheryl Reardon

Free / \$5 NM

Classes & Activities



Crafty Card Club

See how creative you can be! Learn new techniques and exchange tips with other card makers each week. Come experiment with your own personal style. It's fun to use paper, stamps, glitter and glue. You'll be amazed at the results. \$5 material fee per week paid to instructor.

60628 Thu Apr 7 - 28 1:15pm - 2:45pm

60629 Thu May 5 - 26 1:15pm - 2:45pm

60630 Thu Jun 2 - 30 1:15pm - 2:45pm

Instructor: Christie Anderson Free / \$5 NM

NEW Readers Theatre

Learn to use your voice and study the principles of effective theatre performance in this interactive class. Our initial production is Orson Welles' famous radio play *War of the Worlds*. Come to the first session to audition and learn more about how much fun you'll have with this group. At our final meeting we'll perform the play before an audience at the Senior Center.

61473 Wed May 18 - Jun 15 10am - 11:30am

Instructor: Kent Johnson \$5 / \$10 NM

NEW Flower Arranging

Sign up for this short Wednesday morning class and every week you'll learn to make an artfully designed flower arrangement. Flowers are donated by the Lynnwood Trader Joe's. We never know the variety or quantity we'll receive, so each week will be a surprise. Bring a tool to cut flower stems and a vase or plastic bag to take home your arrangement.

61477 Wed Apr 6 - 27 9:30am - 10am

61478 Wed May 4 - 25 9:30am - 10am

61479 Wed Jun 1 - 29 9:30am - 10am

Instructor: Shanny Peer \$10 / \$15 NM



German Talk Time

Explore conversational German, Sprechen Sie Deutsch?

61474 Mon Apr 4 - 25 10:30am - 11:50am

61475 Mon May 2 - 23 10:30am - 11:50am

61476 Mon Jun 6 - 27 10:30am - 11:50am

Instructor: Ida Fernandez Free / \$5 NM

Introduction to Social Media & Facebook

This hands-on class in the lab will get you familiar with social media — how to have fun and how to be safe. Learn the do's and don'ts of making friends online as you explore a number of fun social options.

60596 Thu May 12 1pm - 2:45pm

Instructor: Matt Laxton Free

Navigate the Internet & Search Online

Meet in the computer lab for this hands-on class that will get you started searching the Internet. Learn to use the Sno-Isle / Lynnwood Library's premium databases for that special search.

60597 Thu Jun 9 1pm - 2:45pm

Instructor: Matt Laxton Free

Everything You Wanted to Know about Computers

But were afraid to ask! Learn about hardware, software, and the internet. This course is tailored to the input of participants and is suitable for both beginners and those with some computer experience. Includes Windows 10.

No Classes in April.

60599 Tue May 3 - 31 11am - 12pm

60600 Tue Jun 7 - 28 11am - 12pm

Instructor: William Benson

Four week sessions: \$20 / \$25 NM

Five week sessions: \$25 / \$30 NM

Computer Lab Tutoring

Make a 30 minute appointment for help in the lab with your computer questions.

Tuesdays 12:30pm - 2pm

Instructor: William Benson \$6 / \$11 NM

Ongoing Games



Cribbage

Mondays 10am - 11am

Facilitator: Barbara Bocock Free / \$5 NM

Bingo

Mondays 12:30pm - 2:45pm

Facilitator: Claudette Martinez Free / \$5 NM

Pinochle

Tuesdays 9am - 12pm

Facilitator: Shanny Peer Free / \$5 NM

Duplicate Bridge

Tuesdays 1pm - 4pm

Facilitators: Beverly Perkins Free / \$5 NM

Mexican Train

Wednesdays 12:30pm - 2:30pm

Facilitator: Claudette Martinez Free / \$5 NM

Scrabble

Wednesdays & Fridays 9:30am - 11am

Facilitator: Edie Tye Free / \$5 NM

Party Bridge

Thursdays 11:30am - 2:30pm

Facilitator: Beverly Perkins Free / \$5 NM

Bunco

Fridays 10am - 11:30am


Facilitator: Ethel Conrad Free / \$5 NM

GAMES ARE FREE FOR MEMBERS

\$5.00 per month for non-members.

Events

----- Preregistration is required for all events. -----



HEALTHY HABITS FOR A HEALTHIER YOU

This presentation begins with an overview of how humans age and how the brain works. It is organized to provide information about current research (what we know) and practical strategies (what we can do) in the following four areas: Cognitive activity, physical and health exercise, diet and nutrition, and social engagement. You will be able to put together your own health plan while making sense out of products and services with health-related claims. Presented by Alzheimer's Association of Washington State.

61066 **Fri Apr 8 1pm - 2:30pm**
 Preregistration required Free / \$5 NM

Disaster Preparedness

Disaster can strike anytime, learn how to be ready. Daniel Good, MA, from the Snohomish County Dept. of Emergency Management will show you how to build an emergency kit, make a plan for what to do in an emergency, and how to stay informed during a disaster or emergency. This is an important presentation you won't want to miss.

61484 **Fri Apr 29 1pm - 2pm**
 Preregistration required Free



Meet the Mayor ROOT BEER Float Social

Join Lynnwood's Mayor Nicola Smith for an hour of conversation and root beer floats. Learn about the latest goings-on in Lynnwood. There will be time for questions and answers at the end.

61072 **Thu Jun 9 2pm - 3pm**
 Preregistration required Free


Social Security 101

Learn all there is to know about Social Security. Here is a sample of topics that Kirk Larson from the Social Security Administration will discuss:

- Retirement Benefits and Eligibility Requirements
- What Early Retirement Does To Your Benefits
- What is the Future of Social Security

Before you attend, you must set up a S.S. account and print our your S.S. statement. To sign up go to www.ssa.gov/myaccount.

61068 **Fri May 6 1pm - 2pm**
 Preregistration required | If you need assistance, check with the front desk Free



WAR OF THE WORLDS LIVE READERS THEATRE PERFORMANCE

We'll serve a luscious dessert in the midst of otherworldly sound effects and our own Readers Theatre group performing Orson Welles' famous radio play – *War of the Worlds*.

61067 **Wed Jun 15 1pm - 2pm**
 Preregistration required Free / \$5 NM

Your Local Alzheimer's Chapter; Programs and Services

Did you know the Alzheimer's Association of Washington offers information on the latest research, education on brain health and ways to reduce the risk of dementia? They also provide resources on enhanced care and support for all affected. Come learn about how your local chapter can aid you and your loved ones by providing you with a multitude of resources and services at no cost to you, while learning more about the disease itself. Presented by Hazel Borden, MBA, Snohomish County Community Outreach Coordinator for the Alzheimer's Association of Washington State.

61071 **Fri May 27 1pm - 2:15pm**
 Preregistration required Free



Birthday Celebration Luncheon

April, May & June

Come join us for birthday lunch and some musical entertainment. If your birthday is in April, May or June and you're a Lynnwood Senior Center member, you may register for free. Sponsored by Rosewood Courte Memory Care and GenCare Lynnwood at Scriber Gardens.

61069 **Wed Jun 29 12pm - 1:30pm**
 Preregistration required Free for Birthday Members \$5 / \$10 NM

Spring Hikes

– PREREQUISITE –

If you are new to the hike program, you must register for a two heart hike and successfully complete it prior to signing-up for a three+ heart hike.

April Hikes

Sign-up ongoing. Ask about current registration availability.

- Apr 6** Chuckanut Falls and Interurban Trail, Bellingham ♥♥♥ – ♥♥♥♥♥
Apr 12 Bellingham Waterfront ♥♥
Apr 20 Tiger Mountain, Issaquah ♥♥♥♥♥
Apr 26 Redmond Watershed Preserve ♥♥ – ♥♥♥♥

Dash Point State Park, Federal Way ♥♥♥

Did you know this park was developed in 1962 for the Seattle World's Fair? It's easy to see why, because there are a lot of fun things to do here. Our fun will be hiking in a forested ravine that makes its way down to a sandy beach and picnic area. We will be hiking on trails that are shared by mountain bikers, so be mindful of sharing the trail.

- 6 mile round trip
- 500 foot elevation gain
- Trails are steep and narrow in some places-you must be steady on your feet

60235 Wed May 4 9am - 5:30pm
Sign-up Date: Apr 15 \$26 / \$32 NM

Lake Padden, Bellingham ♥ – ♥♥♥♥

Bellingham offers some of the most beautiful lakes in our region. You get to view one of these lakes as you walk around the shoreline of Lake Padden. If you want a challenge, and go the extra mile, there are some trails that lead off the lake trail into the forest.

- **Lake Trail:** 3 mile loop trail; level gravel and paved
- **Forest Trails:** 1.5 mile; 500 foot elevation gain with some switchbacks

60236 Tue May 10 9am - 4:30pm
Sign-up Date: Apr 15 \$26 / \$32 NM

Lime Kiln Trail, Granite Falls ♥♥♥♥ – ♥♥♥♥♥

Go back in time as you hike through an area that has a rich railroad history. You will travel through a forest on an abandoned railbed that once made its way to Monte Cristo. Along the way, you will see an old lime kiln. The trail ends at a riverbed beside the South Fork Stillaguamish River—a great place to sit and eat your lunch.

- 7 mile round trip
- 400 foot elevation gain

60237 Wed May 18 9am - 5:30pm
Sign-up Date: Apr 15 \$26 / \$32 NM

Fidalgo Head Loop Trail, Anacortes ♥♥

Located at the west end of Fidalgo Island, this trail circles around Washington Park. Spectacular views are the big draw to this hike. You will have a panoramic view of the Salish Sea and San Juan Islands as you hike along. You might spy an eagle or a whale.

- 4 mile loop
- 300 foot elevation gain

60238 Tue May 24 9am - 5:30pm
Sign-up Date: Apr 15 \$26 / \$32 NM

Before you go... some things to know

Pack what you need and leave valuables at home. Please don't bring anything of value to leave on the bus.

When you imagine yourself hiking a remote trail or on a pristine mountain, there are some things to keep in mind for the safest, most enjoyable trip.

For experienced walkers and flat trail hikers, remember that higher elevations mean more physical demands with less oxygen. For your first hike outing, think about choosing the Tuesday hiking trips. If you have lung or heart concerns, consult your doctor first.

For your safety you need to wear hiking boots for foot protection and ankle support. Athletic shoes are not permitted. Your boots should be broken-in before you go — don't plan to wear brand new shoes. You may need to use waterproof boots to keep feet warm and dry.

If you have any questions about the outdoor program please contact Janet Sigler at 425-670-5056. Leave a message for questions about equipment, trips, and which activity is right for you.



Please arrive
15 minutes before
departure time on
all outdoor trips.

Hike Difficulty Key

♥ **Easy;**
flat trail paved or unpaved

♥♥ **Moderately easy;**
slight elevation gain
with some hills

♥♥♥ **Moderate;** some difficult
terrain & elevation gain; you
must be steady on your feet

♥♥♥♥ **Moderately difficult;**
steeper elevation gain with
switch backs or steps; rocks,
roots & challenging footing

♥♥♥♥♥ **Difficult;**
challenging distance,
elevation gain, and terrain
*Hiking poles highly suggested

Outdoor Recreation



Spring Hikes

Rattlesnake Ridge, I-90

♥♥♥♥♥

This trail is a series of gradual switchbacks that continually climb to a spectacular view at the summit. You will see North Bend and the surrounding foothills that follow the I-90 corridor. At the top, there is a nice flat rock to sit on and take in the view. After the hike, visit the Cedar River Education Center to learn about the area and what it has to offer.

- 4 mile round trip
- 1,174 foot elevation gain

61077 Wed Jun 1 9am - 4:30pm

Sign-up Date: May 20

\$26 / \$32 NM

Saltwater State Park, Des Moines ♥♥♥

This park was built by the Civilian Conservation Corps during the depression. Popular among the locals for its campground and beach, but we will enjoy one of the park's best features, their hiking trails. We will hike various loop trails in a lush forested ravine and on a paved waterfront trail.

- 2.5 mile round trip
- 400 foot elevation gain

61078 Tue Jun 7 9am - 4:30pm

Sign-up Date: May 20

\$26 / \$32 NM

Bridal Veil Falls, Hwy 2

♥♥♥♥♥

June is waterfall month. The snow melt this time of year creates a thundering waterfall display. To experience its powerful force up close, you must do a strenuous stair climb up to a viewing platform. At the base, the water spans out into multiple gentler waterfalls. Don't forget to bring your camera.

- 4.5 mile roundtrip
- 1,000 foot elevation gain

61081 Wed Jun 15 9am - 5:30pm

Sign-up Date: May 20

\$26 / \$32 NM

Chambers Creek Trails, Lakewood ♥♥

Along the waterfront in Lakewood is a series of walking trails that overlook the Puget Sound and surrounding islands. We will try several loop trails that go around the world famous PGA Chambers Bay golf course and a picturesque meadow. Along the way, you will also view the remains of concrete structures left over from sand and gravel mining.

- 3.5 mile round trip
- 100 foot elevation gain; partially paved and gravel

61082 Tue Jun 21 9am - 5:30pm

Sign-up Date: May 20

\$26 / \$32 NM

Ebey's Landing, Whidbey Island ♥♥-♥♥♥♥

See stunning views of the Strait of Juan de Fuca and the Olympic Peninsula while hiking along the bluff trail. You'll start on the beach and follow a steep sandy trail up to one of Washington's highest coastal bluffs. If you prefer level ground, you can choose to hike through the farmland of Ebey's Landing National Historical Reserve. At the end of the day, reward yourself with ice cream on your own in Coupeville. Trip fee includes transportation and ferry fare.

- **Bluff Trail:** 3.6 mile round trip; 300 foot elevation gain on sand – you must be steady on your feet
- **Farmland Trail:** 5 mile round trip, mostly level

61146 Sat Jul 2 8am - 7:30pm

Sign-up Date: Jun 17

\$38 / \$44 NM

Hiking Essentials

- ✓ whistle
- ✓ a sit pad
- ✓ cell phone
- ✓ sack lunch
- ✓ extra socks
- ✓ bug repellent
- ✓ plenty of water
- ✓ layered clothes
- ✓ Golden Age Pass
- ✓ good hiking boots
- ✓ hat and rain jacket
- ✓ hiking or ski pole
- ✓ plastic bag for garbage
- ✓ money for bakery stops
- ✓ sunscreen & sunglasses
- ✓ tissue and/or mole skin

Hike registration fees include sales tax.



Spring Hikes

Barlow Point and Big Four, Mt Loop Hwy ♥♥♥♥♥

Before we head out to Barlow Point, we will warm up our legs at the Big Four Meadows area. Viewing of the ice caves will be closed, so we will be doing a short loop trail around the picnic area. Then the real hiking begins at Barlow Point where the trail continuously switchbacks to the top. The good news is that the trail is short and the view is great. Two poles are recommended for this steep hike.

- **Big Four:** 1.5 mile loop; 100 foot elevation gain
- **Barlow Point:** 2.5 mile round trip; 800 elevation gain

61083 Wed Jul 6 9am - 6pm

Sign-up Date: Jun 17 \$26 / \$32 NM

Hwy 410 Trails ♥♥♥♥

At Federation Forest State Park, you will hike through an old growth forest and visit their Interpretive Center. There are several interpretive trails with signage that points out five distinct ecosystems in this area. One of the trails leads out to view the White River, which gets its name from the white glacial melt from Mount Rainier. On the Skookum Flats trail, we will travel along a creek until we find the viewpoint of the falls. There you will get to view the 250-foot cascading waterfall.

- **Federation Forest:** 1-2 mile loop; 100 foot elevation gain
- **Skookum Flats:** 4.2 mile round trip; 100 foot elevation gain

61084 Tue Jul 12 9am - 7:30pm

Sign-up Date: Jun 17 \$26 / \$32 NM

Hurricane Ridge, Olympic Peninsula ♥♥♥♥♥

Spend the day walking and hiking along the splendors of Hurricane Ridge. Wildflowers should be spectacular this time of year. Just standing at one spot on the ridge, you'll see the magnificent Olympic Mountain Range on one side and the Strait of Juan de Fuca and Canada on the other. Have your camera ready for the friendly deer, birds and a few furry critters you may encounter. Bring your National Park Pass, Golden Age Pass or \$7 for park entrance. Bring a sack lunch and something to drink or money for their café. Trip fee includes transportation and ferry fare.

- 3 mile round trip
- 400 foot elevation gain

61073 Wed Jul 20 8am - 7:30pm

Sign-up Date: Jun 17 \$40 / \$46 NM

I-90 Double Header Nature Trails ♥♥

Enjoy two nature hikes located near Snoqualmie Summit. The first hike, named after the famous outdoor photographer Asahel Curtis, travels through an old growth forest and along a rambling creek. The next stop, you'll get to eat your sack lunch at a picnic table overlooking Gold Creek Pond. After lunch, walk off your calories by hiking around this scenic pond. Don't forget your camera and sack lunch.

- **Asahel Curtis:** 1 mile loop; 200 foot elevation gain
- **Gold Creek Pond:** .75 mile loop; mostly level

61085 Tue Jul 26 9am - 3:30pm

Sign-up Date: Jun 17 \$26 / \$32 NM



Teed Off Senior Golf

Take your best swing with the Teed Off Seniors at the Nile Shrine Golf Course! Co-ed play is every other week rain or shine unless thunderstorms are imminent. Pay \$16.00 green fees at the course. You may rent pull carts, clubs and driving carts for additional cost. Meet at the golf course 30 minutes before tee time.

» Nile Shrine Golf Course

6601 244th St SW,
Mountlake Terrace

Season Opener Field Day Golf, food & prizes!

60734 Thu May 5 9am - 1pm

Regular Season Play

60725 Thu May 12 9am - 1pm

60725 Thu May 26 9am - 1pm

60727 Thu Jun 9 9am - 1pm

60728 Thu Jun 23 9am - 1pm

Pre-register for game days

Outdoor Recreation



Outdoor Adventures

Raft the Elwha, Port Angeles *

Are you ready for a wet adventure? Raft six miles of scenic whitewater through the Elwha Valley located in the Olympic National Park. Have fun in Class II-III rapids that are guaranteed to get you wet. You must have the ability to swim. As you paddle along, your rafting guide will point out various wildlife and points of interest. Look for Elk, River Otters and possibly Black Bears. Before your trip, you will have time for a quick lunch on your own in Port Angeles. Ferry and rafting excursion included with registration fee. Bring your America the

Beautiful Pass / Golden Age Pass or \$7 for National Park Entrance Fee.

60239 Mon May 2 8am - 8pm

Sign-up Date: Apr 15

\$89 / \$95 NM

Fishing at Cranberry Lake, Whidbey Island

We'll fish from the east shore dock at this lake located in Deception Pass State Park. Fishing is open year round and offers rainbow trout, yellow perch, brown trout and largemouth bass. This popular location has produces a lot of fish. Purchase a license on your own. Bring your own gear and a chair.

60234 Mon May 16 8am - 4pm

Sign-up Date: Apr 15

\$10 / \$16 NM

Horseback Riding, Mt Vernon *

The Lang's Horse and Pony Farm offers a guided trail riding experience in the beautiful foothills of the Skagit Valley! Before the ride, you will have a comprehensive safety class. Learn the proper Western seat, demonstrate reining commands, and go over trail tips and safety procedures. Before the one hour ride, enjoy a trip up to the Little Mountain Park for a panoramic view of Skagit Valley and a place to enjoy your sack lunch. Top off the day with an ice cream stop. Wear long pants and closed toe shoes. Gratuities to trail guides on your own. If you would like to thank your horse, bring long and skinny carrots.

61076 Fri Jun 10 10:30am - 4pm

Sign-up Date: May 20

\$45 / \$51 NM

Zippering Through Bellevue *

Experience what it is like to be a bird for a day. Up in the trees, you will get to zip on 6 lines and walk over two bridges. Professional guides will give you training on safety and lead you through the forest. Lunch on your own at Factoria Mall.

60223 Mon Jun 13 11am - 5pm

Sign-up Date: May 20

\$89 / \$95 NM

The City of Lynnwood Senior Center trips are fragrance-free.

Please refrain from wearing perfumes or colognes.

Paddle Board, Green Lake

Try the latest craze of outdoor enthusiasts: Paddle Boarding! This sport utilizes a surf-type board and a single long paddle to provide a fun, easy way to play on Green Lake. Staying upright on the board is a lot easier than you think it is. There will be time before the paddle to take a walk around the lake. Bring a sack lunch, or on your own, enjoy one of the many eateries on the lake. One hour paddle board rental fee included. All other purchases on your own.

- **Green Lake walk:** 2.8 mile round trip, mostly level

61151 Fri Jul 8 10am - 3pm

Sign-up Date: Jun 17

\$28 / \$34 NM

Sunset Hot Air Balloon Ride, Snohomish *

Gently float to the top of the world looking down on Western Washington's beautiful landscapes. Watch as the sunset unfolds over the Olympics and the Puget Sound. You'll spend some of your flight high enough to view the Cascade Mountains and low enough to skim the top of the trees. At the end of the float, you will be treated to a sparkling beverage toast accompanied by light appetizers. This is a once in a lifetime experience you will want to splurge on. Before the float, there will be some time for you to get dinner on your own in downtown Snohomish. Price includes the flight, transportation and post flight celebration.

- You must be able to climb in and out of the balloon basket and stand up for 1 1/2 hours

61096 Mon Jul 18 4pm - 10:30pm

Sign-up Date: Jun 17

\$225 / \$235 NM

Pedal Pushers Bicycling

Join us on Wednesdays for 15-25 mile group bicycle rides. We ride on trails, on-street bike lanes and low-traffic roads to bakeries, parks and community centers. B.I.K.E.S. Club of Snohomish County partners with us and with help from club ride leaders we ride every week. We alternate trail and road rides. Helmets are required on all rides. Trips are free for BIKES Club and Senior Center Members; \$5 non-members. Most rides begin at 10am. To find details about each ride visit our web site at www.ci.lynnwood.wa.us/seniors or call the Senior Center.

Pedal Pushers 2016 Season Kickoff

Come to this session to jump-start your biking season. Learn what you need to start off safe and secure. Haven't ridden in a while? Our group will help you get back on the saddle.

60735 Tue Apr 19 3pm - 4:30pm

Centennial Trail

Meet at the Centennial Trail at Maple and Pine in Snohomish. Bring food for a snack break along the way. You pick your trail destination and distance and turn around when you want: Mt. Pilchuck – RT 2 miles; Machias – RT 8.5 miles; Lake Stevens – RT 12.2 miles; Hwy 92 – RT 14.2 miles; Lake Cassidy – RT 21.5 miles. Restrooms available at above turn around points. Social pace, A terrain. Ride leader Bette-Ann Shroyer. Poor weather or forecast cancels.

Wed Apr 20 10am

Everett – Snohomish Loop

Meet at the North Everett Station for a 10:30am start. Mostly flat ride along the river to Snohomish and return on Riverview Road with some B terrain. Lunch in Snohomish. 18 miles RT, Social pace. Ride leader Clarence Elstad. Rain cancels.

Wed Apr 27 10:30am

Silver Lake to Everett and Return

Meet at Thornton A Sullivan Park (Silver Lake) for a 10:30am start. We'll ride the Interurban Trail to Everett and take side streets to Kiwanis Park in North Everett for lunch. Bring a sack lunch. 13 miles RT, Social pace, mostly A terrain. Ride leader Clarence Elstad. Rain cancels.

Wed May 4 10:30am

Echo Lake to Green Lake

Meet at Echo Lake Park for a 10am start. We'll ride to Green Lake on the Interurban trail & low-traffic streets. RT 17 miles, Social pace, mostly A terrain. Bring money or food for a snack break near Green Lake. Ride leader Mary Jo Gerst.

Wed May 11 10am

Centennial Trail

Meet at the Centennial Trail at Maple and Pine in Snohomish for a 10am start. Bring food for a snack break along the way. You pick your trail destination and distance and turn around when you want: Mt. Pilchuck – RT 2 miles; Machias – RT 8.5 miles; Lake Stevens – RT 12.2 miles; Hwy 92 – RT 14.2 miles; Lake Cassidy – RT 21.5 miles. Restrooms available at above turn around points. Social pace, A terrain. Ride leader Bette-Ann Shroyer. Poor weather or forecast cancels.

Wed May 18 10am

Conway to Mount Vernon via Fir Island

Meet at the ball field parking lot next to the fire station in Conway for a 10am start. This is all paved road with little elevation gain and low traffic volumes. We'll ride from Conway to Mt Vernon via Fir Island along the west side of the Skagit River; return on the east side. 21 miles RT, Social pace, Mostly A terrain with a little B. Ride leader Nancy Graham.

Wed May 25 10am

Lavender Lemonade Ride: Blyth Park to Sammamish Landing Park

Meet at Blyth Park trailhead in Bothell for a 10:30am start (restrooms available). We'll ride a brief bit on road then join up with the Sammamish River Trail. Bring a picnic lunch or snack. On the return we'll have a short break at the Lavender Farm for either lavender lemonade or lavender hot chocolate, or your own snack/drink. Approximately 25 miles RT, Social pace, A terrain. Ride leader Cindy Proctor. Rain showers cancel, check ride updates if weather looks iffy.

Wed Jun 1 10:30am

Padilla Bay to Anacortes

Meet at Bay View State Park for a 10am start. We'll pedal the Padilla Bay trail along the water and then on into Anacortes. RT 28 or 18 miles, Social pace, A terrain on level road and paved trail. Snack break at Gere-a-Deli in Anacortes. Ride leader Nancy Graham.

Wed Jun 8 10am

Centennial Trail

Meet at the Centennial Trail at Maple and Pine in Snohomish for a 10am start. We'll ride out and back to Lake Cassidy. Bring food for a snack break along the way. Restrooms available at the turnaround. 22 miles RT, Social pace, A terrain. Ride leader Bette-Ann Shroyer.

Wed Jun 15 10am

Seattle Water Vistas plus 58th St Greenway

Meet at Gas Works Park for a 10am start. RT 17-22 miles depending upon group. We'll ride on bike trail with some road plus the Seattle Greenway. Few hills with a food stop. Views of Ship Canal, Golden Gardens, Elliot Bay. Ride leader Warren Bare. Poor weather cancels.

Wed Jun 22 10am

Centennial Trail

Meet at the Centennial Trail at Maple and Pine in Snohomish for a 10am start. We'll ride out and back to Lake Cassidy. Bring food for a snack break along the way. Restrooms available at the turn around. 22 miles RT, Social pace, A terrain. Ride leader Bette-Ann Shroyer. Poor weather or forecast cancels.

Wed Jun 29 10am

Trips & Excursions

April Trips – (search on-line for details)

Sign-up was held March 9. Ask about current registration availability.

- Apr 5** SNOTRAC Escapades – Chihuly Garden & Glass
- Apr 9** Vegfest 2016
- Apr 15** Skagit Tulip Festival & Mount Vernon Street Fair
- Apr 23** Cherry Blossom & Japanese Cultural Festival
- Apr 27** Hulda Klager Lilac Days*

Pilchuck Glass School Spring Tour* ☺☺☺ – ☺☺☺☺

Each spring Pilchuck Glass School opens its campus to give visitors the opportunity to observe up close and learn about the fascinating art of glassblowing. The school is a renowned Dale Chihuly legacy and won't disappoint. A docent will teach you about the wide range of glass making processes and give you a peek inside the Hot Shop. There's also a gallery where limited glass is available for purchase. The tour requires moving between buildings so please wear sturdy shoes and prepare for rain. We'll stop for lunch before arriving at the school. Trip fee includes the tour; lunch is on your own.

61103 Tue May 3 11am - 4:30pm

Sign-up Date: Apr 13 \$35 / \$41 NM

"Close to You: the Music of the Carpenters"* ☺

You'll enjoy all the beloved Carpenter tunes at this tribute to The Carpenters at The Auburn Ave Theatre. It's affordable first class entertainment that we can't pass up. We'll have dinner at a local south-end restaurant before the show. Trip fee includes admission, cost of dinner is on your own.

61104 Sat May 7 4pm - 10:30pm

Sign-up Date: Apr 13 \$29 / \$34 NM

Oliver! at the Lynden Theatre* ☺ – ☺☺

It's your day to enjoy the town of Lynden, maybe have lunch at the bakery or another of the local restaurants and then experience a musical version of Dickens' novel Oliver Twist. Trip fee includes admission, food and other purchases are on your own.

61105 Sat May 14 9:30am - 6pm

Sign-up Date: Apr 13 \$33 / \$39 NM

Que Sera! Tea Luncheon Celebrating Doris Day* ☺ – ☺☺

Join us for a spring "high tea style" luncheon and musical celebration of Doris Day's life thru music and stories. The Stanwood Community and Senior Center host local celebrity vocalist Kristi King and pianist Hans Brehmer to entertain you throughout luncheon. We'll make a shopping stop at Seattle Premium Outlet mall on the return trip. Luncheon is included in the trip fee; other purchases are on your own.

61107 Sat May 21 10:30am - 4pm

Sign-up Date: Apr 13 \$24 / \$30 NM

Whales & Wildcards – Overnight** ☺ – ☺☺

You'll start this two-day adventure cruising from Fairhaven toward San Juan Island and spotting Orca whales. A tempting lunch is served on board in between whale sightings. After your two-hour shore-leave in Friday Harbor we'll cruise back to Fairhaven and drive to Silver Reef Hotel Casino Spa where you'll check into your deluxe room. Freshen up in your room before enjoying dinner and casino games or unwind in the fitness room or pool. Breakfast buffet is included on our second day and you'll have time to take advantage of hotel amenities or play more casino games. Trip fee includes transportation, guided whale watch cruise, salmon or chicken lunch on board, one night lodging, dinner and breakfast.

61065 Wednesday – Thursday Jun 22 - 23

Sign-up Date: Apr 13
Double occupancy: \$229 / \$254 NM
Ask about a single supplement



SNOTRAC Escapades

SNOTRAC's Ride Around the Sound trips are designed to teach you how to plan and take local transit to the places where you want to go.

Water Taxi to West Seattle ☺☺☺

On this trip we're taking the public bus from the Senior Center to downtown Seattle. We'll spend some time on the Seattle waterfront before boarding the water taxi to West Seattle. After arriving we'll take a short stroll and find a place for lunch and enjoy the beach views. Then we'll retrace our steps back to the Senior Center. SNOTRAC provides bus and water taxi fare but you'll need to bring money to pay for lunch or other purchases.

61111 Mon Jun 20 9am - 4pm

Sign-up Date: May 11 \$9 / \$15 NM

Holocaust Center for Humanity ☺☺☺

On this trip we're taking the public bus from the Senior Center to downtown Seattle to the Holocaust Center for Humanity. The Center showcases stories and artifacts from local holocaust survivors and our visit includes a tour and film. Along the way you'll have time for lunch and a coffee stop. SNOTRAC provides bus fare but you'll need to bring money to pay for lunch and other purchases.

61460 Wed Jul 27 8:30am - 3pm

Sign-up Date: June 8 \$9 / \$16 NM

Difficulty Key

- ☺ **Minimal** walking
- ☺☺ **Minimal to Moderate** walking and/or some stairs
- ☺☺☺ **Moderate** walking and/or at least one flight of stairs
- ☺☺☺☺ **Moderately difficult;** lots of walking and/or many stairs or other challenges

Dine Out with Edmonds Senior Center

Join this group at 1pm on 2nd Saturdays. RSVP to Susan Titan at 425-774-2437 by the Wednesday before. Meet at the restaurant.

- April Tasters Wok**
15128 Hwy 99, Lynnwood
- May Kalia Indian Cuisine**
4520 200th St SW, Lynnwood
- June Sparta's Pizza & Pasta**
17630 Hwy 99, Lynnwood

Bloedel Reserve & Lunch in Bainbridge * ☺☺☺

You'll start this late spring day with a leisurely ferry ride to Kingston and then time to stroll downtown Bainbridge and choose where to have lunch. From there you'll head to our guided tour of the woods, bird refuge, flowering rhododendron gardens, Japanese garden, moss garden and more that make up the magnificent Bloedel Reserve. Time permitting you might enjoy ice cream at Mora's Iced Creamery in Kingston before boarding the return ferry to Edmonds. Trip fee includes all transportation and Bloedel admission and tour. Food and other purchases are on your own.

61108 Thu Jun 2 9am - 6:15pm
Sign-up Date: May 11 \$39 / \$45 NM

The Music Man at Kitsap Forest Theatre * ☺☺☺☺☺

You'll enjoy this lovely theatre nestled in the forest a short drive from Bremerton where the Mountaineer Players bring to life the loveable characters Harold Hill, the fast talking travelling salesman, and Marian, the librarian. The day starts with a relaxing ferry ride and time to eat lunch at the theatre before the performance. Bring your own brown bag lunch or buy a hot dog or light snack at the theatre. We won't be making a dinner stop on this trip but food is available on the return ferry. Food and beverage purchases are on your own.

61109 Sat Jun 11 9:45am - 7pm
Sign-up Date: May 11 \$41 / \$46 NM

Raspberries and More Raspberries... ☺☺☺☺☺

On this trip you'll spend the day eating and picking your way around Lynden. Options include the \$5 Raspberry Pancake Breakfast and \$2 Berry Tasty Treats made from local ice cream and raspberries. In addition to the local shops to browse there's a Razz & Shine classic car show, a 3-on-3 hoops tournament and crafts and specialty foods all along the main street. We'll stop to do some berry picking on our way out of town. Bring cash for food and berry picking. We'll have a cooler in the bus to keep your berries fresh on the ride home.

61458 Sat Jul 16 8am - 5pm
Sign-up Date: Jun 8 \$14 / \$20 NM

The Schooner Zodiac Picnic & Sail * ☺☺☺

You have opportunity to board the Zodiac again this summer. We'll cruise Chuckanut Bay and enjoy a fresh-made picnic lunch prepared on board. The Zodiac is a 1924 two-masted, gaff topsail schooner, restored to the glory of her younger days, and a testament to the majesty and beauty of classic wooden yachts. Her decks are spacious and practical, her sails trimmed and powerful. Her main mast towers over twelve stories high and she proudly boasts the largest working mainsail on the western coast. After the cruise we'll take a leisurely return route and stop at Snowgoose Produce for ice cream or local harvest shopping. Trip fee includes sailing cruise and lunch. Snowgoose purchases are on your own.

61459 Thu Jul 21 9:15am - 5pm
Sign-up Date: Jun 8 \$85 / \$91 NM

Mount Vernon Sidewalk Sale ☺☺☺

Come along and enjoy a relaxing day in Mount Vernon. The local shops are putting their wares outside so the shopping will be easy. Enjoy a morning coffee and lunch at one of the many restaurants in the downtown area. Food, beverage and other purchases are on your own.

61461 Fri Jul 29 10am - 4pm
Sign-up Date: Jun 8 \$12 / \$18 NM



Red Wind Casino

Tuesdays are 3X Points Day so if you're not already a member make sure you register for Club Red when you arrive.

61106 Tue May 17 8:30am - 5:30pm
Sign-up Date: Apr 13 \$12 / \$18 NM

Angel of the Winds

We're heading to one of your favorite casinos for a day of play and a chance to win one of the cash drawings throughout the day.

61457 Mon Jul 11 10am - 5pm
Sign-up Date: Jun 8 \$12 / \$18 NM



Trip Registration is by Lottery!

Please refer to page 2 for lottery registration information.

- * Trips including pre-purchased items are non-refundable.
- ** Overnight trips may be withdrawn for credit up to 30 days prior to departure

Know Before You Go!

- All trip registration fees include sales tax, and a \$6 non-refundable deposit.
- Check-in is 15 minutes prior to the departure time. Park at the overflow lot on the corner of 44th and 188th, across from the Recreation Center.
- All Senior Center trips are fragrance-free. Please refrain from wearing perfumes or colognes.
- We regret that bus drivers are unable to accept tips.
- Don't bring anything of value on the bus. Pack only what you need.

City of Lynnwood

19100 44th Avenue West

PO Box 5008

Lynnwood, WA 98046-5008

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AMP It Up!

Register now for the National Council on Aging's (NCOA) newly developed course that's improving our lives. You will attend a series of fun, engaging classes, track yourself to earn points and excellent rewards, and then graduate to become an AMP alumni.

Don't miss out!

Aging is not lost youth, but a new stage of opportunity and growth.

– Betty Friedan

